



CCP: THE HEALTH PLAN WITH A HEART

# Enrollee Newsletter

Volume 1, Issue 12

## December 2016

IN THIS ISSUE: HOLIDAY EATING TIPS & TRICKS

## Staying Healthy Over the Holidays

**A survival guide to staying healthy during the holiday season.** The holiday season is filled with family, fun, and lots of food! We have some tips for how you can avoid gaining those extra pounds. Most of us love the holidays, but it also brings on some added stress. Stress like needing extra money for gifts and shopping in crowded malls. This extra stress can tempt us to snack all day long. And let's not forget parties and family gatherings. They seem to have unhealthy food and drinks everywhere. So how do you stay healthy? Here are some tips and tricks for how to enjoy this holiday season and take care of yourself too.

- **Eat before you go out.** Before you head out to the party, have a small, balanced meal. This will make it so that you won't be as hungry when you are at the party and fill up on snack foods served with drinks.
- **Drink lots of water. Dehydration can be easily mistaken for hunger.** Keep a glass of water close by and remember to drink one glass of water for every glass of alcohol you drink.
- **Try this tip.** Hold your drink in your dominant hand throughout the party. This will make it more mindful to you when you are reaching for foods.
- **Think about what you really want to have.** The secret is to try foods if you really want them. But remember, you don't have to finish the whole thing. Only eat the ones that really taste good and that you want, don't eat foods just because they are there.
- **Holiday Parties. Make a deal with yourself.** With several holiday parties and all of the "goodies", make a choice between an alcoholic beverage or a desert. Then you can rotate your choices at the other parties.
- **Alcoholic drinks.** These can have hundreds of calories per serving. Plus, drinking can lower your will power, causing you to forget how much you are eating. Try drinking a glass of sparkling water instead.
- **Don't drink and drive.** Choose not to drive after you have had drinks. Pick a person who does not drink to drive. This is the best way to avoid hurting yourself and others on the road.
- **Don't forget to fit in exercise whenever you can.** DON'T STOP EXERCISING COMPLETELY during the holidays. Exercise is a great way to reduce stress and burn off those holiday calories. Take the stairs instead of the elevator. Make it a tradition to walk with your family before or after your holiday meal. A good 15-minute walk can help you balance out the extra calories. Start wearing a pedometer and try to get in 10,000 steps per day.
- **Manage Stress.** Give yourself a break. Take care of yourself by relaxing and connecting friends. Spend time with people who support you and get good sleep.

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm



### It's not too late

If you have not seen your doctor for your annual well visit, it's not too late. Make sure that you and your children have had your check-up before December 31<sup>st</sup>.

Well visits are different from going to the doctor when you are sick. Your doctor can:

- Review your medical history & perform physical exam
- Prescribe needed medications
- EKG (heart test)
- Give referrals to specialists
- Order blood and lab tests
- Perform basic hearing & vision tests
- Perform cancer screenings like mammograms & colonoscopies
- Screen for STDs (Sexually transmitted diseases)
- Identify & treat depression
- Care for healthy pregnancies
- Give vaccinations like flu, pneumonia, measles, polio, meningitis & other diseases

### **Pregnant?**

- If you are or think you may be pregnant, CCP has someone to help you. Please call **1-866-899-4828** to let us know you are pregnant.
- An **OB nurse case manager** can help you along the way.